



## WELLBEING PLANNER

The exam season wellbeing planner has now been distributed to main study spaces on Main Campus and the Barnes Wallis hub and is free for students to take. The planner encourages students to plan activities to promote their wellbeing in addition to planning their revision. The planner also outlines some wellbeing tips from students and Wellbeing Champions - so thank you to those who provided their suggestions! Feel free to collect a planner or download one here.



## DE-STRESS PROGRAMME

UoM Sport are running their de-stress programme throughout the January exam period, featuring muse headband meditation sessions run by the wellbeing team! The sessions are:

- Tues 14th Jan 11am-1pm
- Thurs 16th Jan 11am-1pm
- Tues 21st Jan 11am-1pm
- Thurs 23rd Jan 11am-1pm

The sessions will take place on the ground floor of the Main Library. Please feel free to come along! You can [download the full de-stress programme here](#).

Wellbeing Champions Activity Tracker: November 2019

Wellbeing Champion	13/11	14/11	15/11	16/11	17/11	18/11	19/11	20/11	21/11	22/11	23/11	24/11	25/11	26/11
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## YOUR ONLINE TRACKER

The online tracker will be published next week. This outlines the activities completed by each of you so far and is there for you to track your progress. Along with the tracker, I will provide your Wellbeing Champion ID numbers so that you know which champion you are on the list.

I will be updating the tracker monthly and will let you know each time it's been updated.

## KIT KAT CHIT CHAT EVENT

Kit Kat Chit Chat events will be held:

- Monday 13th Jan 2-4pm
- Monday 20th Jan 2-4pm

on the ground floor, Main Library. Enjoy a break from revision, a free biscuit and a chat. Members of the Student Wellbeing team will also be on hand if you'd like to ask any questions.



take  
notice

## THINGS TO PROMOTE IN JANUARY...

- Exam season wellbeing planner
- De-stress programme - specifically muse headband sessions!
- Details of the Kit Kat Chit Chat events
- @uomwellbeing Instagram posts
- Information about take notice - taken from our website.

## COMING UP NEXT MONTH...

- Wellbeing Champion meeting in early February, date TBC!
- A Wellbeing Champion social (let me know if you'd like to help with this!)
- Events & activities promoting Take Notice e.g.
  - Positive post-it event in February (TBC)
  - Start thinking about your event/activity ideas!